This I Believe

We have all been there.    Confronted with a day that is just not going your way or an alarm clock that doesn't go off, you are running late for work or school, have forgot something at home. At this point, it doesn't look like anyone is on your side.  Then, a spontaneous action by a friend or stranger turns your day around.  Someone holds the door open, gives you a pencil or pen when you don't have one, or someone picks you up when you fall. These are all good examples of small things you can do for others.  I believe in the power of being there for those in need.

Last year, I was involved in a car accident that changed my life forever.  I spent eleven days in the hospital and missed thirty-one days of school.  I had emergency surgery on my internal organs.  In my recovery, I could not carry anything, tie my own shoes, get myself out of bed, or dress myself.  I was completely dependent on others for everything I did, from my mother, who was by side every step of the way, to strangers who simply helped carry my books or wished me well, I am eternally grateful to everyone who lent a helping hand.  I could not imagine my recovery without help along the way.  I needed moral and physical support, which sometimes came from the most unlikely places. For example, some people that I had never talked to willingly came by my side to support me, and now we talk on a regular basis. I have made life-long relationships through simple acts of kindness.

Being there for someone does not mean you need to be someone’s best friend. Nor does it mean you need to spend enormous amounts of money or time to make a difference.   It’s the little things that count. For instance, a phone call, card, email, or a hug can make someone’s day.  I once spent twelve days in the hospital and several months at home in recovery. My where my social interaction was limited to when people reached out to me.  Little effort is needed to make a difference.   It was the little things, the notes and words of encouragement that made my day more enjoyable. The power of being there for those in need is seen in many situations throughout the world. Whether it is emotional, physical, or spiritual hardship, there are plenty of people out there who need support. Those who are fallen on hard times appreciate the little things.  I believe donating money, writing letters, and prayers, among other things, can make a huge difference in the world. You never know how much your small act of kindness can mean to someone.